**Date:- 07/07/2025 (Monday)**

* + **What went well:-**
    - Python Ems project effective work.
    - Hardworked in ABS csv to xml
    - 70% above hardwork
  + **What to improve:-**
    - ABS-not completed
    - 70% effort not productive
    - Wasted hours in journey
    - Not given efforts on devops
    - Momentum breaks
    - Discipline disappears
  + **What I leared:-**
    - Git and github
    - Python
  + **Goal for tomorrow:-**

**□** 85% effective work ---65%

**□** 90% devops effective worK (git & github) ----66%

**☑** Good Meditation

**□** Cloth wash(Gym)

**Date:- 07/08/2025 (Tuesday)**

* + **What went well:-**
    - Git and github.
    - Python error solved
    - Time management good
    - 65% productive
    - Discipline
    - Motivated
  + **What to improve:-**
    - Very slow Performance
    - Not reached devops 90%
    - Not reached effective work 85%
  + **What I leared:-**
    - Git and github
    - Python
    - Without gym my mental health fall down.
    - Time is Valuable
    - Money is everything
  + **Goal for tomorrow:-**

**□** 85% effective work

**□** 90% devops work

**☑** Good GYM

**Date:- 07/09/2025 (Wednesday)**

* + **What went well:-**
    - Gym workout
  + **What to improve:-**
    - Very very low Performance
    - Not reached devops 90%
    - Not reached effective work 85%
    - Falling down
  + **What I leared:-**
    - Falling down become mentally week
    - Git and github
    - Project configuration (IIS, ODBC, Management portal)
  + **Goal for tomorrow:-**

**□** 70% Effective work

**□** 70% Devops work

**□** 50% Python work

**☑** Good Revenge

**☑** Meditation fix

**☑** Mitran Git-1

**Date:- 07/16/2025 (Wednesday)**

* + **What went well:-**
    - Gym workout
  + **What to improve:-**
    - Worst Performance
    - Falling down compared to last week
    - Follow Time Table Properly
  + **What I leared:-**
    - Nothing Learned
    - Linux basics
  + **Goal for tomorrow:-**

**☑** 30 Min Meditation

**☑** 2 Hours Gym

**□** 75% overall

**□** Linux 1st video complete mitran

**□** Linux 2nd video complete mitran

**□** Instant Rebate Logical Thinking

**Date:- 07/24/2025 (Thursday)**

* + **What went well:-**
    - Git commands
  + **What to improve:-**
    - Wakeup early in the morning
    - Follow Time Table Properly
  + **What I leared:-**
    - Discipline beets motivation
    - Take action before procatination
    - Git commands Practice
  + **Goal for tomorrow:-**

**☑** 1 Hours Gym

**☑** 75% overall

**□** 80% devops

**□** Git commands Complete all

**Date:- 07/25/2025 (Friday)**

* + **What went well:-**
    - Git commands
    - Gym-Workout
    - High motivation
    - Journeling
  + **What to improve:-**
    - Wakeup early in the morning
    - Follow Time Table Properly
    - Sleep soon before 11:30 pm
  + **What I leared:-**
    - Reality of Success
    - How to wakeup my inner strength
    - Need to feel pain today happyness tomorrow.
    - How to overcome from mental fog.
    - About time and effort.
    - How to practice git commands
    - How my **goal** breaks and buils - time waste , series breaks and **gym,meditation,motivation builds goal manditary things.**
  + **Goal for tomorrow:-**

**☑** 100% gym workout

**☑** 100% meditation

**□** 80% devops

**□** Overall 100%

**□** Linux Part 2

**□** Linux Part 3

**□** Git Practice

**Date:- 07/28/2025 (Sunday)**

* + **What went well:-**
  + **What to improve:-**
    - Need Hard work on DevOps Skills
  + **What I leared:-.**
  + **Goal for tomorrow:-**

**☑** 100% gym workout

**☑** 100% meditation

**□** 80% devops --> failed by 58%

**☑** Overall 85%

**□** Linux Part 2 --> slow learning

**□** Linux Part 3 --> not started

**□** Git Practice --> no practice

**Date:- 07/28/2025 (Monday)**

* + **What went well:-**
    - Linux Part-2
    - Gym-Workout
    - High motivation
    - Meditation
  + **What to improve:-**
    - Wakeup early in the morning
    - Follow Time Table Properly
    - Sleep soon before 11:30 pm
  + **What I leared:-**
    - Pain become success
    - Starting hard being consistency becames easy
  + **Goal for tomorrow:-**

**☑** 100% gym workout\*

**☑** 100% meditation\*

**□** 80% devops\*

**□** Overall 90%

**☑** Linux Part 2

**□** Linux Part 3

**□** Git Practice

**Date:- 07/29/2025 (Tuesday)**

* + **What went well:-**
    - Linux Part-2 --> completed
    - Gym-Workout--> littlebit distracted --> chooseing abs or back --> done back.
    - Meditation excellent --> peaceful air
  + **What to improve:-**
  + **What I leared:-**
  + **Goal for tomorrow:-**